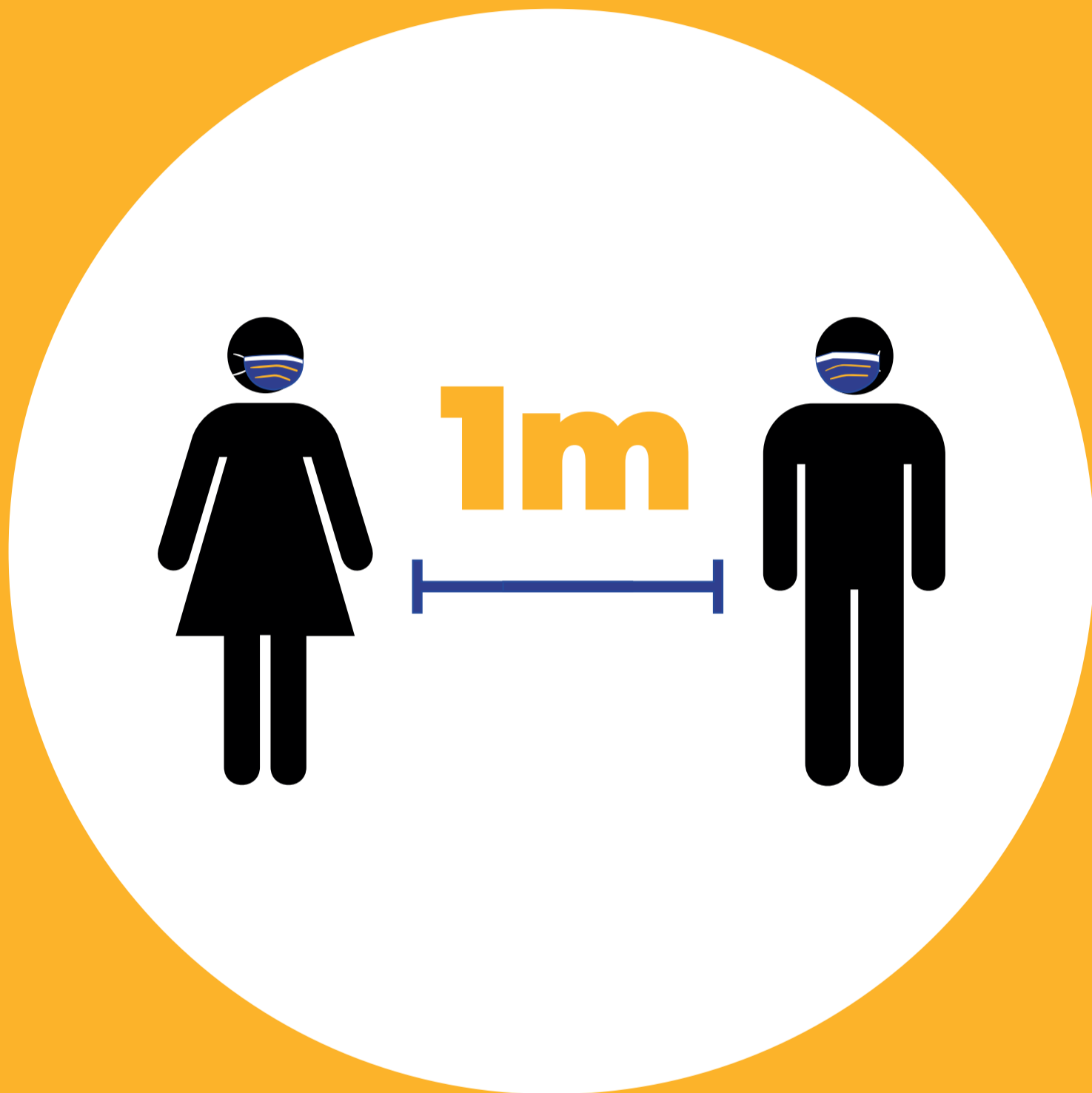


# SOCIAL DISTANCING



**You must distance yourself  
at least 1 meter away from  
other people at all times**

**STAY  
ALERT**

**CONTROL  
THE VIRUS**

**SAVE  
LIVES**

**01253 735 755**

For your FREE COVID-19 consultation, call Compass HSC or  
visit [compasshsc.co.uk/covid](https://compasshsc.co.uk/covid)

**Compass**  
H.S.C

# CORONAVIRUS (COVID-19)

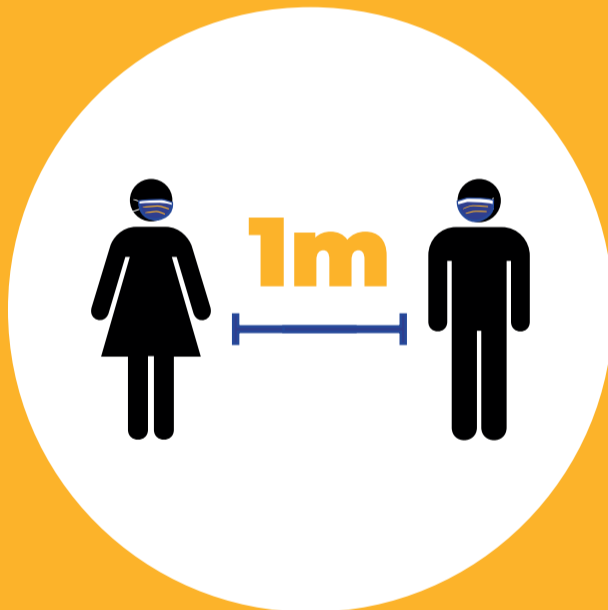
## Social Distancing in the workplace



**Avoid**  
close contact  
with others



**No Group Gatherings**  
sizes should be kept to a  
maximum of 2 people



**Distance**  
yourself at least 1 meter  
(3ft) from other people



**Wash Hands**  
on a regular basis for at least 20  
seconds with soap and water or  
hand sanitiser

**STAY  
ALERT**



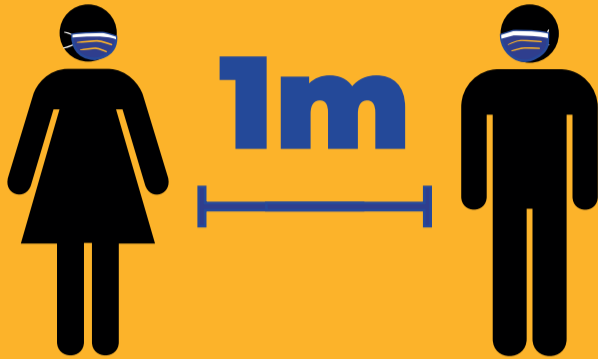
**CONTROL  
THE VIRUS**



**SAVE  
LIVES**

# CORONAVIRUS (COVID-19)

## Social Distancing in the workplace



### Social Distancing

Please keep a distance of **1 metre (3ft)**. Groups should be kept to a maximum of 2 people.



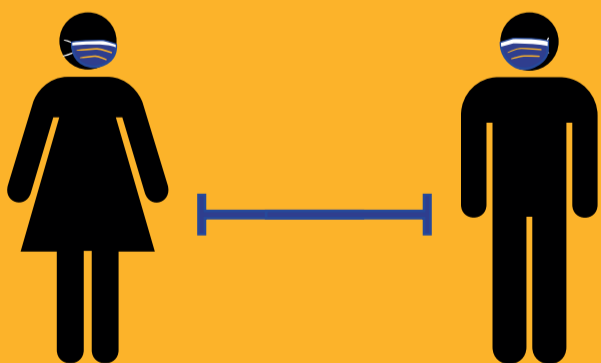
### Hand Washing

Wash your hands with soap and water often - do this for at least 20 seconds. Use hand sanitiser if soap and water is not available.



### Coughs & Sneezes

Cover your mouth and nose with a tissue or using your sleeve ( do not use your hands) Put used tissues in the bin immediately and wash your hands.



### Avoid

Touching your face, especially if your hands are not clean.

**STAY  
ALERT**

**CONTROL  
THE VIRUS**

**SAVE  
LIVES**

# SHOWING SYMPTOMS? of CORONAVIRUS (COVID-19)



**You must stay at home  
and self isolate**

You can book a Coronavirus test  
online or by calling 111